

INTRODUCTION

Suicide Prevention Training

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Objectives for Learning Outcomes:

Upon completion of this training, participants will be better able to:

1. Describe risk and protective factors influencing suicide risk.
2. Discuss facilitators and barriers to implementing suicide prevention measures.
3. Demonstrate suicide risk assessment, treatment and management skills.
4. Apply suicide risk assessment, treatment and management strategies to case scenarios.

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Perspectives

Video & Discussion

The 2%

Produced by Rag Tag Films in collaboration with National Council for Behavioral Health and Relias Learning.

Shot, Directed and Edited by Andrew Harrison Brown
Music by Sleeping at Last
Additional Aerials by Dane Christensen
Interviewee: Kevin Hines

<https://vimeo.com/173263342>



Perspectives

Attitudes & Approach

Our goal is always to be non-adversarial and collaborative.

What gets in our way?

Activity: Case Scenarios

Case Scenarios

- Mary Elizabeth
- Eloise
- Henry
- Norman
- Gia

Context

Statistics

Vocabulary

Key Terms for Today's Training

Additional Considerations



Context

Statistics

- 10th leading cause of death in the US in 2016
 - Rate: 13.4/100,000
 - 123 suicides/day; Over 44,000 deaths annually
 - 50% by firearms
 - White males – 7 of 10 suicides
 - 29% of LGB youth attempted suicide in the year prior to survey (compared to 6% of heterosexual youth)

(Centers for Disease Control [CDC], 2018; Substance Abuse and Mental Health Services Administration, 2018; World Health Organization, 2018)



Context

Statistics

- 9.8 million US adults seriously thought about attempting suicide
- 2.8 million made suicide plans
- 1.3 million made non-fatal attempts
- Washington State rate 15.78/100,000
- US rate is 13/100,000

(Centers for Disease Control [CDC], 2018; Substance Abuse and Mental Health Services Administration, 2018; World Health Organization, 2018)

Context

Statistics

- 2nd leading cause of death worldwide for ages 15-29 years in 2016
- 18th leading cause of death for all ages worldwide
 - ~ 800,000 suicides/day
 - 1 person dies by suicide every 40 seconds
 - 79% of suicides are in low- and middle-income countries
 - For each death by suicide, 20+ people attempt suicide

(Centers for Disease Control [CDC], 2018; Substance Abuse and Mental Health Services Administration, 2018; World Health Organization, 2018)

Context: Vocabulary

Self-Directed Violence

- Non-suicidal self-directed violence*
 - Self-directed, deliberate, results in injury (or potential), ***no explicit or implicit evidence of suicide intent***
- Suicidal self-directed violence*
 - Self-directed, deliberate, results in injury (or potential), ***explicit or implicit evidence of suicide intent***
- Undetermined self-directed violence*
 - Self-directed, deliberate, results in injury (or potential), ***suicidal intent is unclear***

*Classified as fatal or non-fatal

(Crosby, Ortega & Melanson [CDC], 2011)



Context: Vocabulary

Suicide

- Suicide
 - Death caused by self-directed injurious behavior with any attempt to die as a result of the behavior
- Suicide attempt
 - Non-fatal, self-directed potentially injurious behavior with any intent to die; may or may not result in injury

(Crosby, Ortega & Melanson [CDC], 2011)



Context: Vocabulary

Other Suicidal Behavior

- Interrupted self-directed violence – by self or other
 - Person takes steps to injure self, stops or is stopped by other(s) prior to fatal injury
- Other suicidal behavior including preparatory acts
 - Acts or preparation before potential harm is done

(Crosby, Ortega & Melanson [CDC], 2011)

Context: Vocabulary

Unacceptable Terms

- **Committed suicide, Completed suicide, Successful suicide**
 - Alternate term: **Suicide**
- **Failed attempt, Non-fatal suicide**
 - Alternate terms: **suicide attempt** or **suicidal self-directed violence**
- **Parasuicide**
 - Alternate terms: **non-suicidal/suicidal self-directed violence**
- **Suicide gesture, Manipulative act, Suicide threat**
 - Alternate terms: **non-suicidal/suicidal self-directed violence**

***Unclear or pejorative**

(Crosby, Ortega & Melanson [CDC], 2011)

Context: Key Terms for This Training

Suicide Assessment

- Identifying warning signs and risk factors
- Determining level of concern

Suicide Management

- Activities focusing on short-term management of suicidal behavior
- May involve hospitalization or other emergency measures

Suicide Treatment

- Activities focusing on longer-term management of suicidal behavior
- May involve Dialectical Behavior Therapy (DBT) or Cognitive Behavioral Therapy (CBT)

Context: Key Terms for This Training

Risk factors

- Characteristics that increase the likelihood that a particular behavior will occur

Protective factors

- Characteristics that decrease the likelihood that a particular behavior will occur

Warning signs

- Verbal or non-verbal behavior(s) that are associated with a particular behavior

Context: Additional Considerations

Legal and Ethical Issues

- Privacy
- Confidentiality
 - Know Health Insurance Portability and Accountability Act (HIPAA) and Family Education Rights and Privacy Act (FERPA) guidelines
- Limits to confidentiality
- Duty to warn
- Age of consent

Context: Additional Considerations

Charting

- Document steps taken
 - When assessed/reassessed
 - Response related to status/observation level
- Document responses to assessment questions
 - Address thoughts, plans, intent, prior attempts
 - Use person's words when possible
- In the summary, avoid stating there is "no risk"
 - Alternatives: *"no apparent current risk"* or *"patient states s/he has no current thoughts of suicide, no plan and has never made a prior attempt"*

Context: Additional Considerations

Charting

- State clearly what your response/plan is
- Safety plan (we will discuss this later today)
 - State that safety plan was completed
 - Identify key resources and next steps
 - Include any follow-up plan
 - **be sure that the follow-up happens**

Charting

Context: Additional Considerations

Example assessment

Patient states she has had no thoughts of suicide today. Most recent thoughts were [date]. States she has thought of taking pills but has not done anything to prepare for this and does not intend to act on the thoughts. States she has never made a suicide attempt.